

# Self-care Kits

## Self Care Kit: \$281.50

A basic yet comprehensive start to a well-rounded skin care routine. It includes a little bit of everything for a normal-oily or normal-dry skin type. It will address cleansing and exfoliation along with anti aging benefits and protection of the skin. With this system a patient should see results in 6-12 weeks with an improvement in skin tone, texture and overall appearance.

Cleanser: Skinceuticals Simply Clean  
Antioxidant: Skinceuticals Serum 15  
Moisturizer: Resurfix Daily Enriched Facial Cream  
Sunscreen: Elta MD UV Daily Tinted Broad-Spectrum SPF 40  
Exfoliator: Skinceuticals Retinol 0.5



## Deluxe Self Care Kit: \$451.50

Provides a more intense and targeted treatment skin care routine. The higher dose of retinol will speed up cellular turnover. This can take 4-6 weeks. It is more likely to experience redness, peeling and irritation until the skin acclimates, but this will help improve skin tone and texture. A higher content of water and fatty acids in the moisturizer will provide a longer lasting feeling of moisture in the skin and provide more anti-aging benefits and healing properties. The vitamin-c serum, depending on skin type, will help target more specific concerns, such as, skin tone or moisture and healing level.

Cleanser: Skinceuticals Simply Clean  
Antioxidant: Skinceuticals C E Ferulic or Phloretin CF  
Moisturizer: Skinceuticals Triple Lipid 2:4:2  
Sunscreen: Elta MD UV Daily Tinted Broad-Spectrum SPF 40  
Exfoliator: Skinceuticals Retinol 1.0



## Rosacea Self Care Kit: \$285

A full skin care routine for sensitive rosacea prone skin. This includes a gentle cleanser, a water based gentle exfoliating serum, a mineral sunscreen to keep SPF ingredients gentle and safe, epidermal repair to heal and moisturize and a phyto-masque which is very versatile and can be used during a flare up, after a workout to calm and cool the skin, or as an overnight masque nightly to help hydrate and soothe/calm the skin. This kit is safe to use along side Metrogel/cream.

Cleanser: Skinceuticals Gentle Cleanser  
Exfoliator: Skinceuticals Retexturizing Activator  
Moisturizer: Skinceuticals Epidermal Repair  
Facial Mask: Skinceuticals Phyto Corrective Masque  
Sunscreen: Skinceuticals Physical Fusion UV Defense



## Acne Self Care Kit: \$224.50

A complete system that helps with exfoliation, leveling out the amount of oil production and destroying acne bacteria as well as hydrating and healing properties to counter act the acne ingredients. The sunscreen included is formulated for sensitive and acne prone skin.

Cleanser: Resurfix Sensitive Skin Acne Cleanser  
Toner: Obagi Clenziderm Pore Therapy  
Moisturizer: Skinceuticals Metacell Renewal B3  
Sunscreen: Elta UV Clear Broad-Spectrum SPF 46

